



Ippon



Official Club Newsletter — Autumn 2014 - November - Issue 13

Latest Club News and Information

Kingsley Judo Club Events 2014/15

Sat/Sun 6th & 7th Dec

British Championships for Pre-Cadets and Cadets At Sheffield

Saturday 13th Dec

British Junior Championships At Sheffield

Thursday 18th Dec

Last Judo Session B4 Xams 6pm to 7:30 Guest Coach Santa !!!!!

2015

Thursday 8th January

Kingsley Judo Re-Opens Normal Session Times

Tuesday 13th January

Kingsley Grading Seminar Evening 6:30pm Start

Sunday 18th January

New Year Joint North & South West ExCell Training At Bristol 11am to 3pm

Wednesday 21st January

West ExCell Training At Plymouth

Sunday 25th January

Patchway Junior & Senior Open At Bristol



Welcome to our Christmas edition of Ippon, our Kingsley School Judo Club Newsletter. We have enjoyed a fabulous 2014, with many new members and lots of great results in competitions.

Christmas timetable - The last regular week for Judo sessions at the club will take place on Thursday 11th December. The last club session of the year will be on Thursday 18th December and this will be a joint class session from 6pm to 7:30pm and I think Santa will be Guest Coach for this session. The first session back in 2015 will take place on Thursday 8th January with all regular times as normal.

It seems so far back now, but actually the summer camp was only 10 weeks ago. We once again welcomed a record number of young judoka this year, with over 60 Judoka training each day. The mix of Judo and fun activities really makes this camp so exciting and challenging.



This year we also welcomed Japanese World Champion Tomoko Fukumi

who stayed two days with British former Olympian Joyce Heron who both led some fantastic judo sessions. Well done to all who attended especially Jersey Ledger who turned up for every session during the 5 days.

Kingsley School welcomes 4 new Judo students this academic year, from Russia **Gleb Petrushkin** Yr11. German students **Leon Mlodzain** Yr11 and **Jenny Illbruck** Yr12 while **Kitty Lavelle** joins Yr7. This increases our developing Judo programme within the school and allows for more personalized development and training.

We are looking at running a trip to watch the European Senior Championships. This is one of the biggest International events and with major Olympic points up for grabs in 2015. The competition should be excellent. The event is in Glasgow and will be held from 9th to 12th April 2015. At present I would be thinking of flying up on the Friday and return Sunday depending on flight times and cost. If you are seriously interested let the club know.

Devon squad success for Kingsley fighters at the recent Western Area Inter County Team championships on Sunday 26th October. Six members were selected to compete and all played a major role in the success of the days tournament. **Zach McMurray** and **Felicity Barkley** won Gold fighting in the A band team event after beating Bristol in the final. **Beth Ambrose** fought in the Senior women's team which also won Gold, while **Gleb, Chris** and **Michael Edwards** won Silver after a narrow defeat to Gloucester in the final of the Mens team event.

After many years of trying to enter the Independent Schools Judo Championship, we have finally been allowed to compete next year. This is a big competition for all major Independent schools and will allow all of our schools pupils the chance to represent Kingsley against all the other major independent schools in the UK on February 28th in High Wycombe.

Successful Parents night was held again on Thursday 23rd October. This popular event encourages a family atmosphere within the Dojo and it was great to see over 20 parents take up the challenge and have a go with their kids. We will run another event in March next year.

Stephen Dean made the very brave decision to compete in the World Veteran championships which took place in Malaga in September. It was a huge event run by the International Judo Federation. Steve competed in the M1 class for Judoka age between 30-34 years old and in the +100kg division. He fought his best in this very hard competition and was pleased he followed his dream and had a go. His first fight was against a top French International Xavier Fieviet who threw Steve for Ippon. Steve then fought against Joao Oliveira from Portugal, this was a much closer contest with Steve only losing on a penalty. Over all it was a wonderful experience and it's great to think we have Judoka who now compete at this level, well done Steve.

We broke all the records at the Tora Kai championships, recently. A team of 15 Judoka attending the championships and returned with 16 medal after winning 27 bouts in total. The competition gave our much younger fighters the chance to shine and they certainly did in great style and proves that the club has a very healthy development in our younger age groups.

Chris Edwards has proved that the long hard road to success is something that never offers any short cuts and that the lessons learnt along the way can be painful and just sometimes offer you great satisfaction. Chris first came to train at Kingsley a few years ago, just after being dropped from the England Pre-Cadet team. A very disappointed young boy has since proved so many people wrong, he works hard and is clearly driven to improve and achieve, he worked his way back onto the cadet England team and recently won the Welsh Open and is now on the verge of being ranked number 1 in Great Britain in the cadet u66kg class. In December all the older players will move to the junior class and this will leave Chris who is currently ranked number 3, in 1st place which will next year offer Chris the chance of a place at the European or World Cadet Championships. This is an amazing achievement but

Kingsley School Team Profile

Gleb Petrushkin **From Russia**

Age 15

School = Kingsley School
Yr 11

Judo Grade

1st Kyu Brown Belt in UK
1st Dan in Russia

Favourite Throw is =
Uchi Mata



Judo Ambitions = Fight at Olympics

Your Best Judo Moment = Winning Bronze at Russian Age Band Championships

Favourite Film = Hannibal

Favourite Music = Rap

Favourite subject = Chemistry

Worst Subject = Maths

Favourite Games = Fifa

Thank you Gleb

KINGSLEY SCHOOL JUDO CLUB 2014 PERFORMANCE RESULTS

36 EVENTS ATTENDED
34 JUDOKA COMPETED
532 INDIVIDUAL CONTESTS
39 GOLD MEDALS WON
39 SILVER MEDALS WON
44 BRONZE MEDALS WON
WITH 3 MORE EVENTS TO GO IN 2014

**MILES TRAVELLED SINCE
SEPTEMBER**
7,704

Kingsley Visit Japan Dairy Part 2

Day Six

We experienced something quite magical today, with a visit to Japan's National Squad training session for Naginata, at the Ajinomoto Football Stadium in Chofu. Naginata is mainly a female sport which stems back to the Samurai age when the woman had to protect their family and land while their Samurai husbands were away fighting wars. We were treated to a breathing display showing wonderful movement and great sound as the wooden sword type stick swooped through the air. We then all had the chance to learn some basic patterns and strikes before building up a routine of hits and movements to form our own kata type formation. We then travelled back to Shinjuku to visit one of Japanese most famous Sushi restaurant and chefs. The very old and traditional restaurant was covered in pictures and gifts from famous people who have eaten there. After our meal we then each had a turn making our own Sushi from the beginning. We then had some free time to explore the local shops before returning to the Kodokan.

Day Seven

After breakfast this morning we started the day with another visit to the gym. Our main trip today was to Tsukuba Junior High School. The school was founded in 1872 and has a proud long historic and academic history. The founder of Judo, Jigoro Kano was also the school headmaster at one point in its history. The visit involved being welcomed during the school assembly and having a TV camera crew and lots of local media interviewing the team. We then had an introduction to Japanese Manners and Culture, this included learning how to use chop sticks and the correct way to eat Japanese food. After a very special lunch we visited the gym to try Kendo with the school team. The lesson included dressing in the correct Kendo kit and learning some basic steps and striking patterns, before being allowed to practise against some of the Japanese Students. This created a wonderful atmosphere which was helped by a very enthusiastic Kendo Coach. We then walked a short distance to try another traditional Japanese sport, Kyudo which is an old style of archery and offers a very formal way of competition. We had the chance to shoot the bows and it was certainly harder than the younger Kyudo students made it look during their impressive display. In the evening we returned to the Kodokan to take part in Mr Mukai training session, this was a very hard session this evening and all the students performed well in a mix of technical drills and Randori practise.

Day Eight

This morning we had some free time to visit the Imperial Palace which is located on the site of the old 16th century Edo Castle. It's now the official residence of Japan's Emperor, the area is surrounded by moats and has many historic temples and building which were used by the Emperor and Samurai guard. We then had a lesson about Japanese Calligraphy writing back at the Kodokan, and learnt how to use the special inks and brushes to write the symbols. The lecturer was then kept very busy, as all the team wanted their favourite words or names written beautifully in the Japanese style. This then followed an opportunity for a small group to try on the traditional Japanese Kimono. The evening Judo session was once again led by Mr Mukai, who started the session with a demanding Uchi Komi routine, this then led to a set of brilliant Tai Sabaki and Kumi Kata with Kuzushi drills before developing in Randori.

Day Nine

Today we visited Ginza to watch the famous Japanese theatre show Kabuki which dates back as far as the 16th century. The show offers four dance and performance plays from Japan's historic traditions, with all the performers wearing elaborate make-up with elegant costumes which really help set a beautiful scene in the theatre with its wonderful stage and decorations around the theatre. In the evening we once again had another Judo session, this time in the main Dojo on the 8th floor. The session was Randori based with Tokai and a few other university Judoکا attending the open training. It was an amazing session with a large amount of judoka on the mat including Japanese national squad fighters joining French, Australian and American judoka all training very hard.

Day Ten

Our final day was finally upon us all, but with great hope everyone is hoping to return again. The day started with our final lecture this morning from Toshiyuki Okeya from the Japan Sports Council. He gave us all a talk about the Jigoro Kano Memorial International Sports Institute and the valves this has in the Japanese Education system for Sport. We then had a talk about the Olympic Movement and the IOC in Japan and how Jigoro Kano helped bring the 1964 games to Tokyo. We then had a talk about Olympism and how the Olympic Charter foster great Olympism. Then finally we had a chance to view some information on the 2020 Tokyo Olympic Games, looking at some films about the venues and the Japanese version on their 2020 Games. We then had the exciting premier showing of the trips DVD, which has been filmed during our great stay by Yoshiki Jinguji and it was greeted with great applause at the end, as it was a great production from Yoshiki and the Kodokan. The afternoon was our final free time and most took the opportunity to go souvenir shopping. The final Judo session commenced at 4:30 in main Dojo, it was a final opportunity to have a few more Randori with the Japanese juniors and then all the team exchanged badges and gifts from the British Judoka to their new Japanese friends. The master class Mr Uemura demonstrated on gripping and breaking balance was quite amazing and really had everyone watching in total amazement on how effortless he made every action and reaction work so gracefully for a number of Techniques. It was a really honour and we are told it was a rare occasion for him to teach a lesson, almost every Japanese Judoka eventually came into the dojo to listen to his words of



Pudsey Bear visit Kingsley for Children In Need and joined in a Judo session before throwing head Coach Simon for Ippon

Find the Throw

M E O T O A G E N

An all Kingsley Final at the Welsh Open in Cardiff between Chris and Gleb, with Chris taking the Gold



What are the 3 biggest lies told in Judo?

- 1- I haven't worked out in a while
- 2- Lets practise light
- 3- Oops I'm sorry

O	L	Y	M	P	I	C
G	R	J	S	L	A	R
R	I	O	N	E	L	E
A	S	I	A	N	L	T
N	Q	R	E	G	J	S
D	A	L	P	A	A	A
P	X	W	O	M	P	M
R	C	E	R	E	A	F
I	N	T	U	S	N	J
X	H	M	E	V	K	I

Find these TOP Judo Events
Olympic, IJF Master, Grand Prix, Asian Games
All Japan, Europeans,



On Thursday 20th November Kingsley had the great pleasure of welcoming Chris Sherrington to Kingsley School Judo Club. Chris won Gold at the Commonwealth Games in Glasgow while representing Scotland and was famously pictured around the World wearing his Royal Marines Beret with pride once he was awarded his Gold Medal.

Chris is currently the 3 x British Heavyweight Champion and has won major International Judo Federation medals while competing on the world tour circuit. But his biggest achievement was to qualify for the London 2012 Olympics where he fulfilled his goal to compete and only lost eventually to Aleksandr Mikhailine from Russia who went onto win the silver medal

Last night Chris was warmly welcomed by all our School Judoka as he talked about his experiences and training. Chris also led two excellent coaching sessions teaching some of the techniques which he has used to win many of his International bouts. It was an excellent evening and hugely successfully with all our judoka really engaging and learning so much about not only the many techniques he taught but also the dedication and commitment behind the training to achieve his goals.

Chris then allowed the kids to hold and see his Commonwealth Gold medal while signing many autographs.

Foot Technique (Ashi Waza)

Kosoto Gari

Small Outer Reap

Kosoto Gari is a small reap applied to uke's foot at the moment uke is stepping forward or backward. Timing is essential in this throw, along with good kuzushi so that uke's posture is captured and is unable to escape.

